# Vacation Beauty Hints | The Day of Rest and Health Talks

By PAULINE FURLONG What to Eat, How to Exercise, and What You Should Do to Get the Most From Your Outing.

Enganger, 1817, by The Press Publishing On. (The New York Strating World).

Care of the Skin.

LL of this week I shall write articles on the care of the skin, face and chin, because this is the sesson which plays have with all complexions, owing to constant exposure to sun, air and water.

I shall give some reliable skin food creams for dryness and wrinkles, and also astringents and skin tighteners for loose, flatby, double cain and eagging feeb, caused by shrunken muscles of the face.

Provention of wrinkles and sagging mouth and jaws is easier than cure, and the wise woman will cultivate caim, poise and cheerfulness in order to avoid fine lines and sagging jaws. The down-in-the-mouth expression can only be prevented through keeping the mind on cheerful subjects and the careful avoidance of COLUMN FURLISHS anger, joalousy, sarcasm, worry and fatigue. These

lines positively cannot form if enough thought is given to prevention of them. Show me the woman of clear, rosy complexion and I will show you one who uses water freely inside and out one who eats proper foods and rests when necessary. This is the real secret of beautiful skin, and shows superb health, which spells beauty.

Readers must understand that local applications alone, no matter how patiently applied, will not bring the internal conditions which are absolutely necessary to a levely complexion. The same is true of obesity treatments, reducing garments and so-called baths and cures for the reduction of flesh, and only through proper exercise for the muscles and non-fattening diet will desired results be attained and better health enjoyed.

### Answers to Health and Beauty Questions.

RICE AS FOOD MRS. TERESA if the its weight. In making white N: Rice, properly cooked, digests within an hour with comparative and, as the lower bowels need a certain amount of roughness, these undigested solids make the colon exercise and eggs take at least three hours and often more to digest, we

nours and often more to digest, we can understand that race is not a tax on the system.

It is said by authorities that rice is oysters clams, lobsters, shriftps and the most nutritious of all cereals and cartainly the most economical, and the rice eating nations invariably have much health and energy without the strength of the str

have much health and energy without impaired digestion.

DEEP BREATHING AND ROUND SHOULDERS—HENRIETTA F.: Of course, deep breathing is not only beneficial but necessary to correct round shoulders and hollow chest and it is not possible to remedy this condition without deep breathing. Chest raising and arm swinging backward and forward will also help.

TO OVERCOME COSTIVENESS—MRS. D. V. C.: If bran foods are saten each day, in conjunction with other laxative foods, such as green vegetables, salads, fruits cooked and raw, colory, escarcile, onlons, cucumbers mushrooms, peppers, parsalps.

All fruits except bananas and grapes are allowed.

Gelatine and water ices may be eaten for dessert, also raw and stewed fruits of all kinds when sweetened with some sugar substitute. Buttermilk, skim milk, cider, lemonade, orangeade, coffee and tea without sugar or cream.

Fried foods must be omitted entirely.

low are formulas for bran bread tirely. BRAN BREAD.

Two-thirds cup cooked bran. Five cups flour. One-quarter cake reast. One cup water. Three-quarters cup milk. Three-quarters cup milk.
One teaspoon sait.
Two tablespoons molasses.
Stir bran and flour together and warm. Dissolve yeast cake in a little of the warm water and add to the liquid. Add sait and molasses, flour and bran, if compressed yeast cake is used. If dry yeast cake is used add only one-half the flour to make the sponge. When the sponge is light add the remainder of the flour and the bran, let rise, then mould into loaves, let rise again and bake forty-five minutes.

BRAN MUSH.

## Famous Women

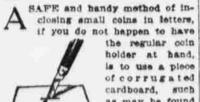
ADEMOISELLE RACHEL WAS the tragedy queen of France during the middle of the last century. She died in 1858 at the age of thirty-eight, the age which appears so fatal to gentus. An exhausting professional tour in America, entered upon for needless money-making, is

believed to have had much to do in bringing about her end.

Rachel was the child of poor Hebrew parents, and her talents were first exercised in singing to a guitar on the streets of Paris. When at an early age she broke upon theatrical audiences in the characters of Roxness Camille and others of that class. she created a furore almost unex-

ald that she took many strange f life is remembered, however, and hat is that she lavished much of the

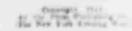
> A Handy Method of Mailing Coins



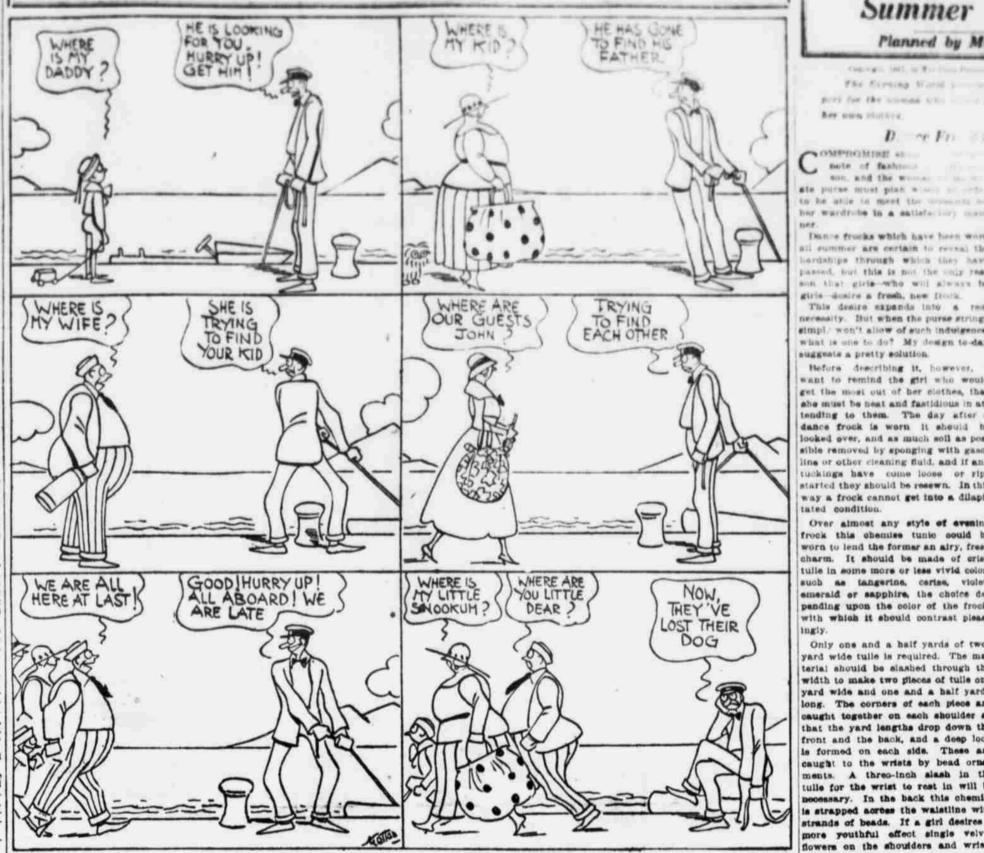
the regular coin holder at hand,

ply cut a slit in one side of the oarrugated board, push the coin in and press it down fiat, says Popular Science Monthly. Be sure to write on the outside of the cardboard, "Coin in here," or "Money inside the " so that the receiver can read-id the coin between the sides.

# Evening World Daily Magazine



By Maurice Ketten



## The Home Dressmaker's Summer Wardrobe

Planned by Mildred Lodewick

The Streeting World to the thear designs by its Station up. pers for the command the comment of the summer by making

D or Fr. for Late Season.

OMPROMISE AND son, and the women ate purse must plan when a conto be able to meet the tirement he

Dance fronks which have been worn all summer are certain to reveal the hardships through which they have passed, but this is not the only reason that girls-who will always be girls desire a fresh, new frech.

This desire expands into a real necessity. But when the purse strings simply won't allow of such indulgence, wint is one to do? My design to-day suggests a pretty solution.

Hefore describing it, however, want to remind the girl who would get the most out of her clothes, that she must be neat and fastidious in attending to them. The day after a dance frock is worn it should be looked over, and as much soil as pos sible removed by sponging with gasoline or other cleaning fluid, and if any tuckings have come loose or rips started they should be resewn. In this way a frock cannot get into a dilapitated condition.

Over almost any style of evening frock this chemise tunto could be worn to lend the former an airy, fresh charm. It should be made of crisp THAT IS EASILY ACHIEVED. tulle in some more or less vivid color, emerald or sapphire, the choice de- would be pretty. pending upon the color of the frock. with which it should contrast pleas-

long. The corners of each piece are caught together on each shoulder so that the yard lengths drop down the front and the back, and a deep loop small sum to bind the edges with is formed on each side. These are narrow black silk braid.

To Miss E. F.—Cannot send clipping. ments. A three-inch slash in the as you did not inclose address. tulle for the wrist to rest in will be necessary. In the back this chemise is strapped across the waistline with strands of beads. If a girl desires a more youthful effect single velvet flowers on the shoulders and wrists



such as tangerine, cerise, violet, and a garland of them across the back

#### Answers to Queries.

Fashics Editor, Evening World: Kindly advise me of some way to yard wide tuile is required. The material should be slashed through the width to make two places of tuils one yard wide and one and a half yards long. The covers and a half yards long. The covers and a half yards long.



dress made of goods like sample (mustard tricotine) and solicit your excellent advice concerning a style. I am going to wear it to travel back and forth from the mountains on my vacation. I am girl twenty-five years of age, well developed

I have a dark blue jorsey dreas which, having worn all spring, would like to change a little, as it is in good condition. Could you suggest some way to introduce color? Have been wearing a filet lace collar and cuffs with it.

With it.
You could put a collar of red and blue spetted foulard on your dress and line pockets or any skirt drapery with it, or if skirt is plaint face the skirt with the foulard and let a half inch of it feld over the edge on right side.

# The Green-Goods King

Two oups cooked bren.
Two oups boiling water.
One teaspoon salt.
Stropsis of Precedency and his newspaper parties. Walter Jamsson, undertake to solve the successful for the first bran into the boiling water and cook three minutes.
Bran is the busk of the wheat family the first bran in the busk of the wheat family the first bran in the busk of the wheat family the first bran in the family the first branch of the first branc

Avarice was the predominating urally, "but I don't. That's just the "I don't haracteristic of her career, and it is trouble. Honest, now, was that a Company."

EVERY TWO WEEKS.

is to use a piece of corrugated. "Who are you, and why are you here?"
I can now see how you fooled me, as may be found in discarded wrappings, egs-boxes, &c. Simple one side of the push the coin in flat, says Popular Be sure to write of the cardboard, "Money inside the color in flat, says Popular Be sure to write of the cardboard, "Money inside the notes. They are very the card to minutes. CHAPTER XI.

"Well, I decided to take up the case from the cited to take up the case from the ca

son sickname is 'H nized the floor and walls and politing of the vault. He noted carefully the walls,

Ping!
The sound came from the sudden muser of a projectile on the steel

# By Arthur B. Reeve

CRAIG KENNEDY, THE SCIENTIFIC DETECTIVE, UNDERTAKES ONE OF THE STRANGEST CASES IN HIS LOUGH CONTROL OF THE STR

## THE THOROUGHBRED

Read What Happened When a Butterfly Wife Was Put to the Test.

The Story Begins on This Page Monday, August 27.